

Name: _____

CARDIO 150 LOGMonth: October 2011

Use this log to report your daily physical activity. Please check the "M" if your exercise is moderate or "V" box if your exercise is vigorous. Then enter your time next to the M&V box. Total your minutes for the day, then for the week. **CARDIO** activities take moderate to vigorous physical effort and should be at least 10 minutes in length. Reminder: Strength Training does not count!



WEEK 1	Day	Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 10/1/2011	150
	Morning	<input checked="" type="checkbox"/> M 20 <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Weekly
	Afternoon	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Total
	Evening	<input type="checkbox"/> M 20 <input checked="" type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	↓
	Total Minutes	40								

WEEK 2	Day	Sunday 10/2/2011	Monday 10/3/2011	Tuesday 10/4/2011	Wednesday 10/5/2011	Thursday 10/6/2011	Friday 10/7/2011	Saturday 10/8/2011	150
	Morning	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Weekly
	Afternoon	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Total
	Evening	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	↓
	Total Minutes								

150 CARDIO minutes a week for optimal HEALTH!

Monthly logs are due by the 5th day of each new month. Turn in your logs at the Fitness Center, Wellness office, or place in the mailbox outside of the Wellness Office (late logs will not be eligible for the drawing). Fitness Center: 771-6744

WEEK 3	Day	Example	Sunday 10/9/2011	Monday 10/10/2011	Tuesday 10/11/2011	Wednesday 10/12/2011	Thursday 10/13/2011	Friday 10/14/2011	Saturday 10/15/2011	150
	Morning	<input checked="" type="checkbox"/> M <input type="checkbox"/> V 20	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Weekly
	Afternoon	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Total
	Evening	<input type="checkbox"/> M <input checked="" type="checkbox"/> V 20	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	↓
	Total Minutes	40								

WEEK 4	Day	Sunday 10/16/2011	Monday 10/17/2011	Tuesday 10/18/2011	Wednesday 10/19/2011	Thursday 10/20/2011	Friday 10/21/2011	Saturday 10/22/2011	150
	Morning	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Weekly
	Afternoon	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Total
	Evening	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	↓
	Total Minutes								

WEEK 5	Day	Sunday 10/23/2011	Monday 10/24/2011	Tuesday 10/25/2011	Wednesday 10/26/2011	Thursday 10/27/2011	Friday 10/28/2011	Saturday 10/29/2011	150
	Morning	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Weekly
	Afternoon	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	Total
	Evening	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	<input type="checkbox"/> M <input type="checkbox"/> V	↓
	Total Minutes								

For each week that your weekly total reaches 150 cardio minutes; your name will be entered into a monthly drawing for a \$30 gift card to the approved location of your choice. One male and one female winner (17 years and older) will be selected each month (Approved locations: Big 5, Sports Authority, Foot Locker/Lady FL, Sportsman's Warehouse, SA Garden Ctr, Sunflower Market, Defined Fitness)



10/30/11 Minutes:

10/31/11 Minutes: